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ABSTRACT

This book, which is primarily for secondary physical education teachers, presents a sequential approach to teaching skills that are essential to eight sports. The activities and lead-up games included in the book put beginning students directly into game-like situations where they can practice skills. Each chapter begins with a background of the sport from the perspective of the physical educator, followed by a list of progressions covered in the chapter. Each sequential progression for teaching the sport includes the progression's goal and orientation as well as a description of the activity and ways to further challenge students. Part 1, "The Progressions Framework," includes (1) "The Concept of Progressions, which offers real-life examples demonstrating the benefits of using lead-up games and activities to teach students in a way that results in quicker learning, and (2) "Maximizing Potential for Successful Progressions, which offers practical teaching tips for implementing progressions effectively. Part 2, "Progressions for Individual Sports," focuses on (3) "Badminton," (4) "Golf," and (5) "Tennis." Part 3, "Progressions for Team Sports," includes (6) "Basketball," (7) "Flag Football," (8) "Slow-Pitch Softball," (9) "Volleyball," and (10) "Soccer." (Chapters contain references.) (SM)

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